



Shirley Council on Aging

Volume: 8

NEWSLETTER

Issue: 3

MARCH 2016

Senior Center • 9 Parker Road • Shirley, MA 01464

Tel: 978-425-1390 • Fax 978-425-1392 • email: coadirector@shirley-ma.gov



Spring is Coming . . .

As I write this, snow falls from the sky and the temps are sub-zero, but I know that in three short weeks after this newsletter is published, Spring will have arrived and with it, maybe a few brave crocuses reaching for the sunshine to give us all hope!

While we wait for Spring, you can warm up on a cold morning by stopping by the **Senior Drop-In Cafe** any Monday through Thursday 9 to 12. You can visit with old friends and make some new ones while

enjoying a hot cup of coffee and some goodies. We also have pastries and free bread for the taking from Panera and Hannaford every Monday and Tuesday. Stop in for coffee and conversation!

Many of us have already had a bout of Spring fever following some quite warm days in February, and if that inspired you to start getting fit for summer — look no further than your Senior Center! We want to help you stay fit and be active and healthy. We have **Senior Fitness, QiGong and Yoga classes** all starting new sessions in March. There's bound to be a class that fits you! Look inside for details.

As winter ends, many people have trouble keeping up with the heating bills. If you're having trouble making ends meet, it's not too late to apply for Fuel Assistance. There are also other programs to assist those who have used up their Fuel Assistance allotment. Call the Senior Center for more information.

Do you have an hour or two to give back to your community? Think about volunteering at the Senior Center. Volunteering can help keep your mind and body active, and bring fun and fulfillment to your life. Join our team of volunteers. Right now we are in need of someone willing to ride the Senior van for a couple of hours on Tuesdays to assist our shoppers with carrying their groceries on and off the van. We also need servers to help with lunch and someone to stay and help with clean up. Would you like to be a greeter for a couple of hours a week? Contact Kathy at the Senior Center and learn about the possibilities and opportunities to be involved. Do something that makes you feel good!

As always, I invite you to stop in and say hi, My door is always open and I want to hear what else we can do to serve you better. Hope to see you here soon!

Kathryn



DO YOU HAVE **concerns**
about falling?

Have you turned down a chance to go out with family or friends because you were concerned about falling? Have you cut down on a favorite activity because you might fall?

A Matter of Balance program will run from **March 15 - April 26**
Every Tuesday at 2-4 p.m. Check out page 6 for details.

The program's goals are to reduce fear of falling, stop the fear of falling cycle, and increase activity levels and confidence among older adults. Share your concerns and learn what you can do about them. There is no charge for this program. Class size is limited so please sign up today! **TO SIGN UP:** call us at **978-425-1390** or email: coadirector@shirley-ma.gov

Mission Statement of the Shirley Council on Aging:

"To serve the Seniors of Shirley with services that enhance their lives and provide for their needs."

Council on Aging Staff and Members

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OUTREACH WORKER

Joanne Boudreau

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Joyce Patton

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Bob Perry, Doug Perry

VAN DISPATCHER

Laurie Picinich

The Council meets the second Wednesday of each month at 1:00 pm at the Senior Center, 9 Parker Road.

Meetings are open to the Public.

THANK YOU . . .

For your contributions, donations and volunteerism.

We appreciate your support.

We would not have Your Center without you!

Vendors:

Pepsi for water, Panera for bread and bagels, Hannaford for goodies, Mitrano Removal, Turf Logic, Mark Pinard Landscaping, Village Pizza, Groton Wellness Café, Wachusett Potato Chip Co., Tiny's Restaurant and Ayottes Farm

Our Bagel Team:

Jim Lanteigne, Bill Dow, Bob McBrine, Bob Perry, and Marcia Sullivan

Program Support:

Ron & Shirley Deyo, Don Parker, Joyce Patton, Kendra Dumont, Chip Guercio, Pat Florio, Sally Hamel, Maria Owens, Elaine Quinty, Vi Burnley, Nancy Siedliski, MaryLou Clark, Alice West, Carolyn and Charlie Waite, Sandy and Gene Wixom, Joe Nickerson, Rhoda Dow, Claudette Williams, Bob Steiner, Tony Bucca, Beverly Smith and Barbara Lugin

Newsletter Distribution: Ray Gagnon and Melissa Slattery

Donations:

Susie Joly, Christine Saball, Tony Bucca, Fran Gray, Sandy and Gene Wixom, Joyce Patton, Jodie Rachman, Lee Whiting, Doreen Quintiliani, Kathleen Daly, Bob Eldridge, Stephen Holbein, Carolyn and Charlie Waite, and Marion Wood.

Thanks to all who have given donations to support the Center's continuation of programs and activities.

Newsletter:

Cyndi and Dan Furman, Kathryn Becker, and Doreen Quintiliani

AARP Tax Preparation February and March

Please call the Senior Centers
below for appointments.

Lunenburg: 978-582-4130

Townsend: 978-597-1710

Pepperell: 978-433-0326

Groton: 978-448-1170

Café Wish List

The Senior Center is a Green Operation
Recyclable Donations Please



Coffee Cups

Plastic Utensils

Coffee (regular)





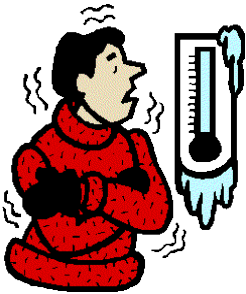
Outreach Corner

Joanne Boudreau, Outreach Coordinator

Telephone: (978) 425-1390 Email: COAOutreach@shirley-ma.gov

The mission of the Outreach Program is to make contact with senior citizens, determine their needs and interests, and to meet those needs and interests through appropriate referrals, program development and advocacy.

Joanne can explain community programs and benefits, assist with applications to needed programs, aid elders in their search for services and act as an advocate and support for elders in need. If you or someone you know has questions or needs help, please call Joanne at the Council on Aging office at **978-425-1390**. She is available at the Senior Center at 9 Parker Rd., Mondays from 1-5 and Tuesdays from 9-1. All information shared is confidential.



Fuel Assistance Program

Winter has finally arrived, and if you are having trouble paying your heating bills, please consider applying for Fuel Assistance. The Fuel Assistance Program runs from November 1 to April 30, and applications are being accepted now. Look at the income requirements below to see if you might be eligible.

Eligibility is based on the size of the household and the combined gross income of its members. The income eligibility for an individual—\$33,126; for two persons—\$43,319; for three persons—\$53,511.

TO APPLY:

Call New England Farm Workers' Council
978-342-4520.

If you are a homebound senior, please call the Senior Center at 978-425-1390 and the Outreach Worker will come to your home to help you apply.

Shirley Oil Heat Assistance Program (SOHAP)

The Town of Shirley is offering assistance to low and moderate income residents of Shirley who heat their homes with oil. If you have exhausted your fuel assistance benefits from New England Farm Workers Council or if you were over-income for LIHEAP benefits through New England Farm Workers Council, but your total household income is less than \$48,800 for one person or \$55,800 for two people, you may qualify. Eligibility is based on household size and total gross income.

**Call the Senior Center for more information at
978-425-1390.**



Good Neighbor Energy Fund Salvation Army

This program is available to any Massachusetts resident who, because of temporary financial difficulty, cannot meet a month's energy expense and is over-income for LIHEAP fuel assistance.

Call the Salvation Army at 800-334-3047 to apply. If you are homebound, call the Senior Center at 978-425-1390 and the Outreach Worker will help you apply.

NEWS FROM SHINE

Prescription Drug Costs too High?

**Our SHINE Counselor will be available
by appointment on March 17th
Call us at 978-425-1390**

Look into the **Extra Help** program from the Social Security Administration! You may be eligible to apply for **Extra Help** in meeting prescription drug costs... and you can be a homeowner and still *potentially* qualify for this program.

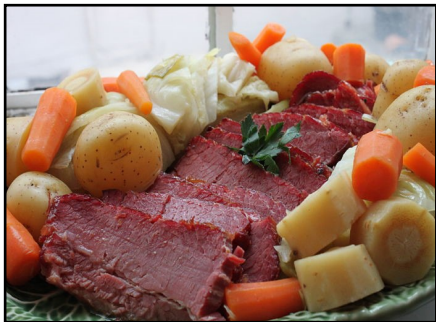
Benefits for 2016 include drug co-pays as low as \$2.95 for generics and \$7.40 for brand name drugs. An **Extra Help** application can be completed anytime during the year. If you want assistance or want to apply, contact the Shirley Senior Center at 978-425-1390.

Extra Help	Monthly Income Limit	Asset Limit
Individual	\$1,491	\$13,640
Couple	\$2,011	\$27,250

**Social Security contact information:
1-800-772-1213 or
apply online at www.socialsecurity.gov/extrahelp**



Wednesday, March 16th
11:30 a.m.



Menu
**Corned Beef
and Cabbage**

Cost \$5.00

No reservations necessary



little tick
BIG PROBLEM
Lyme Disease

Senior Info ~ March 21st at 10 a.m.

Lyme Disease Prevention

By Al Futterman

Land Programs and Outreach Director
at Nashoba River Watershed Association



Tony Cosenze points to his perfect game score of 300! One of our best bowlers, Tony had come close before, but finally did it in December. Congratulations Tony! Join us for Wii Bowling at the Senior Center Mondays at 12:15 p.m. and Thursdays at 10 a.m.

Helen Kramer and Sgt. Peter Violette, volunteers for our Veteran's Breakfast.

Shirley veterans enjoying the Senior Center's Veteran's Breakfast which is served on the first Monday of each month at 8:30 a.m. thanks to funding from the Shirley Charitable Foundation and the Friends of Nashoba Valley Medical Center.



Entertainment

*Immediately
Following Lunch*

"Ukulele J"

A Sing-A-Long
With Jodie Rachman

DON'T FORGET!

Veteran's Breakfast

Monday, March 14th ~ 8:30 a.m.

Senior Lunch

Wednesday, March 16th ~ 11:30 a.m.

Senior Breakfast

Monday, March 28th ~ 8:30 a.m.

VETERANS' CORNER

*...from Mike Detillion,
Shirley Veterans' Officer*

The Veterans' Officer is available at any time to aid your efforts to enter into the VA Health Care system or pension system.

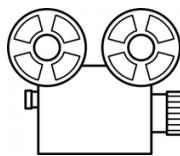
For an appointment:

Call: 978-425-2600 x280

Appointments: Anytime

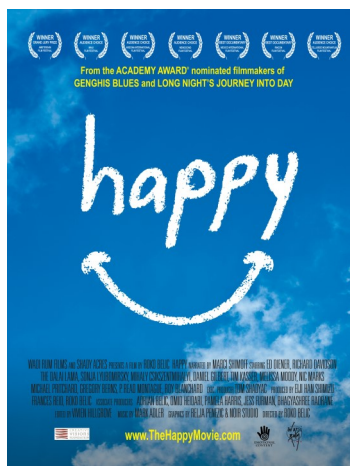
**Office Hours: Monday evenings
5:00 – 7:00 p.m.
at the Town Office Building**

Benefits: All veterans, spouses and dependents are eligible for Chapter 115 and VA benefits with an honorable discharge. Benefits can include financial assistance, food assistance, shelter assistance, and burial assistance.



Pizza & a Movie

@ Your Senior Center



The Happy Movie
Wednesday, March 2nd
Cost: \$2.00

Director: Roko Belic

Starring: Anne Bechsgaard,
Gregory Berns, Roy Blanchard

This film will make you happy! Funded and executive-produced by comedy-directing legend Tom Shadyac, we are taken around the globe in search of what it means to be happy... and we find it! It is hard to put

into words what he has accomplished in this riveting and eye-opening documentary, but we see and feel that true happiness is pretty easy to attain. Do yourself and your loved ones a favor: SEE THIS FILM/EXPERIENCE!

Attention: Shirley Senior Veterans

The Shirley Council on Aging cordially invites you to our monthly



Veteran's Breakfast

Monday, March 14th

8:30 a.m.

Shirley Senior Center
9 Parker Rd

This is a **FREE** breakfast
made possible by The Shirley Charitable Foundation
and Friends of Nashoba Valley Medical Center
Served on the second Monday of each month

Bridge of Spies

Wednesday, April 6th
Cost: \$2.00

Director: Steven Spielberg
Starring: Tom Hanks,
Alan Alda, Mark Rylance

During the cold war, an American lawyer is recruited to defend an arrested Soviet spy in court, and then help the CIA facilitate an exchange of the spy for the Soviet-captured American U2 spy plane pilot, Francis Gary Powers.



Nashoba Nursing Service & Hospice
Nashoba Associated Boards of Health
Your COMMUNITY, Your CHOICE Since 1931

**Blood Pressure
and Blood Sugar Clinics**
Thursday, March 10th from 9:30-10:30 a.m.



**Thank you to
Michael Gray**
for doing such a great job
shoveling the walkways
and stairs at the Senior
Center this winter!
You are awesome!!

Fitness Classes at the Shirley Senior Center NEW SESSIONS BEGIN IN MARCH!

Qi Gong

Mondays 11AM-Noon ~ \$50 for 8 Week Session
New Session Starts March 7th

Senior Fitness

Wednesdays 8:45-9:45 AM ~ \$50 for 8 Week Session
New Session Starts March 2nd

Chair Yoga

Thursdays 9-9:45 AM ~ \$35 for 8 Week Session
New Session Starts March 10th



DO YOU HAVE **concerns**
about falling?

**A Matter of Balance program will run from
March 15-April 26 every Tuesday 2-4 p.m.**

Have you turned down a chance to go out with family or friends because you were concerned about falling? Have you cut down on a favorite activity because you might fall?

People who experience a fear of falling often limit their physical activities, which can result in loss of strength, reduced muscle tone and balance problems, making the risk of falling greater.

By attending A Matter of Balance: Managing Concerns About Falls you will:

- Set realistic goals for staying active
- Learn how to stay safe at home
- Complete exercises to increase strength and balance
- Learn how to identify and control your fear of falling

The nationally recognized program will be conducted weekly over eight sessions by trained instructors from Nashoba Nursing. Each session lasts approximately 2 hours. The program's goals are to reduce fear of falling, stop the fear of falling cycle, and increase activity levels and confidence among older adults.

Share your concerns and learn what you can do about them. There is no charge for this program. Class size is limited so please sign up today!

**TO SIGN UP: call us at 978-425-1390 or email:
coadirector@shirley-ma.gov**

Shirley needs some help serving its Seniors!

Do you have a few hours to spare?

Would you like to do something

rewarding, meet new people,

and have some fun?

Join Us!

**VOLUNTEERS
NEEDED!**

**Interested? 978-425-1390 or
email: coadirector@shirley-ma.gov**

- Help carry groceries for van riders—Tues. 10-1
- Lunch or breakfast servers
- Clean -up (after meals)
- Greeters
- Craft instructors (Do you have a talent to share?)

*Country Day School students
Cordially invite Shirley seniors to a:*



March 24th at 11:30 a.m.

At the Senior Center

Pizza donated by Piccolino's

Trivia, fun and prizes

Don't Miss it!




**Sunday
March 13th**

Café Open Mon.-Thurs.
from 9AM to Noon

March 2016

Shirley COA

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	DROP IN CAFÉ Mon.-Thurs. 9 AM to NOON	1 9:30-12 Bridge/Dominoes	2 8:45-9:45 Senior Fitness 9-11 Creativity Time 11:00 Pizza & A Movie "The Happy Movie" 1:00 Bingo	3 10:00 Wii Bowling 1-3 Rummikub 1-3 Bridge	4 9:45 AM Ayer/Shirley Middle School Coffee & Conversation	5
6	7 11-12 Qigong 12:15 Wii Bowling 1-4 Card Game Time	8 9:30-12 Bridge/Dominoes 1:00 "Outside the Lines" Coloring Group	9 8:45-9:45 Senior Fitness 9-11 Creativity Time 1:00 COA Meeting	10 9:00 Chair Yoga 9:30 Blood Pressure 10:00 Wii Bowling	11 Closed	12
13 	14 8:30 VETERAN'S BREAKFAST 11-12 Qigong 12:15 Wii Bowling 1-4 Card Game Time	15 9:30-12 Bridge/Dominoes 1:00 "Let's Talk" Discussion Group 1:00 Matter of Balance	16 8:45-9:45 Senior Fitness 9-11 Creativity Time 11:30 SENIOR LUNCH "Ukelele J" Entertainment 1:30 Bingo	17 9:00 Chair Yoga 9:00 SHINE 10:00 Wii Bowling 1-3 Rummikub 1-3 Bridge	18 Closed	19
20	21 10 a.m. Senior Info 11-12 Qigong 12:15 Wii Bowling 1-4 Card Game Time	22 9:30-12 Bridge/Dominoes 1:00 "Outside the Lines" Coloring Group 1:00 Matter of Balance	23 8:45-9:45 Senior Fitness 9-11 Creativity Time	24 9:00 Chair Yoga 10:00 Wii Bowling 11:30 Pizza Party	25 Closed	26
27 HAPPY EASTER!	28 8:30 SENIOR BREAKFAST 11-12 Qigong 12:15 Wii Bowling 1-4 Card Game Time	29 9:30-12 Bridge/Dominoes 1:00 Matter of Balance	30 8:45-9:45 Senior Fitness 9-11 Creativity Time 1:00 Bingo	31 9:00 Chair Yoga 10:00 Wii Bowling 1-3 Rummikub 1-3 Bridge	For a SHINE Appointment Call 978-425-1390	